

Craftsbury Mental Health Resource Group  
Monthly Meeting  
July 16, 2018  
Craftsbury Public Library

Meeting Minutes:

1. A sub-group (Sharon, Pablo, Gwen, Norm, Debbie) of the CMHRG met recently to talk about how to best help community members navigate the mental health system. This group is working to develop a process and structure for assisting people in finding resources for mental health care. Some questions were considered during this meeting:
  - a. Scope of service: accessibility, resource list and descriptions of what to expect, follow up calls, communication with providers
  - b. Limitations: obligations and perceived or legal issues, NOT a professional evaluation or diagnosis
  - c. Staffing: who would be willing to take on this role? Would there be a designated volunteer service group to respond to inquiries? Ongoing training?
  - d. Other tasks: develop a flow chart for accessing mental health care, a library of pamphlets, review and update list of providers
2. Michelle updated the group about a variety of things.
  - a. Big Journal: this is a potential curriculum/program for the elementary school to use around self-esteem
  - b. UCLA peer counseling program: might this be a model for us to consider?
  - c. Adult Mental Health First Aid: possibly offered during Sterling's orientation week?
  - d. FB page for our group? Instagram? Is there a way for people to connect while understanding that we are not a crisis response group?
  - e. Julia Shipley is working on an article for Seven Days about our group.
  - f. Our group website is updated.
  - g. Michelle has been working on a poster/flier for our group and passed around the draft.
  - h. Out of the Darkness Walk is taking place Saturday, September 8th, from 10-12 in Newport. Emily will be attending (?). There was discussion about having a presence of some sort at this event. Emily will set up a team and send a link to the group. There was talk about having a t-shirt designed for our group to reflect our mission.

Next meeting: August 20th, 5:30